



# King's Lynn Chiropractic Clinic

## A Sporting Chance

*Chiropractic – sidelines your pain while you bounce back*

When a runner injures a calf midway through a race, or a footballer pulls a hamstring, it may not be the running or the kicking that has caused the injury, but an underlying problem that is finally showing itself. Whether it is a previously undetected spine or joint problem, or years of poor posture, the resulting injury could potentially signal the end of a sporting career.

### Sports injuries

Whether an amateur sports enthusiast or a top-flight professional, your body is prone to the same kinds of injuries. Repeated stresses can lead to a slight loss of proper movement in the bones of your spine (vertebrae) and joints which, in turn, can interfere with the healthy working of your muscles and nerves. You may have ignored the pain and carried on with your sport for too long without treatment and now find yourself with a chronic injury.

It's not surprising that chiropractors at this clinic often see patients with:

Hamstring and calf strains    Achilles tendon injuries    Groin and thigh sprains  
Lower back pain    Tennis elbow    Shoulder sprains (rotator cuff injuries)  
Neck pain    Tendonitis    Sciatica (often confused with hamstring pulls!)

These injuries often recur, may shorten promising sporting careers and turn enthusiastic amateurs into couch potatoes

***Many top sports teams now have a chiropractor as part of their medical team.***

### Problems with performance

Injury is not the only problem for sports enthusiasts and professionals. Many find that they reach a 'threshold' of ability, and cannot improve further, however hard they work and however much training they put in. This is why so many serious sportspeople consult with chiropractors, who will work to improve both function and health. Many chiropractors have areas of special interest in sports treatment.

### The clear advantage

Unlike painkilling drugs, chiropractic gets behind the cause of an injury, rather

*Chiropractors treat problems with the joints, bones and muscles, and the effects they have on the nervous system. Working on all the joints of the body, concentrating particularly on the spine, they use their hands to make gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of the nervous system and release the body's natural healing ability.  
Chiropractic does not involve the use of any drugs or surgery.*

than just treating the injury itself. Your chiropractor will carry out a full examination (including X-rays if necessary) and ask you questions about your sporting life, posture, medical history and lifestyle, to discover the cause of your injury or poor performance and make a diagnosis.

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Treatment will begin, often with gentle, specific adjustments (the chiropractic word for manipulation) done by hand, to free stiff joints and remove spinal nerve irritation. This effective drug-free treatment is generally painless, although you may feel some short-term discomfort around the injured area. Treatment will normally be followed by a rehabilitation plan to strengthen the injured area, improve flexibility and prevent future flare-ups.

Chiropractic treatment aims to restore normal function to your joints and muscles as well as your nervous system, and may increase your control, co-ordination and muscle strength.

Like most athletes who have benefited from chiropractic treatment, you may decide to return for regular check-ups to keep your body working at its best. Regardless of your age, condition or health, chiropractic care may improve your athletic potential.

### **Clinic Information:**

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